



# HEALTHY FOOD



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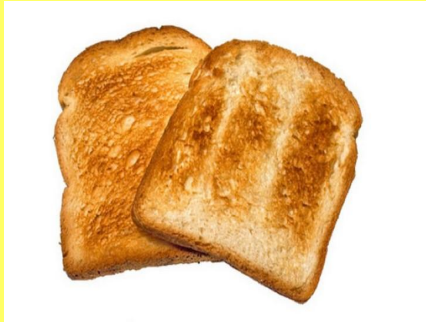


# Answer the questions:

- What is your favourite healthy food?
- Do you eat anything that is unhealthy?
- What do you usually like to drink?



# What have you eaten for breakfast today?



toasts



two sandwiches



Fried eggs



Some cereals



pancakes



Potato with meat



Tea with lemon



A cake



Some porridge



Coffee with milk



Three cutlets



sausage

# Do you like to eat sweets? What kind?

I like...



Marmalade sweets



Ferrero Rocher sweets



Lollipop sweets

I don't like...

I prefer...



Raffaello sweets

As for me, I like ...



Chocolate sweets



Birds' milk sweets

# Are sweets healthy food?



**Do you like pickled food?**



# Do you like dried food?



# Do you like canned food?



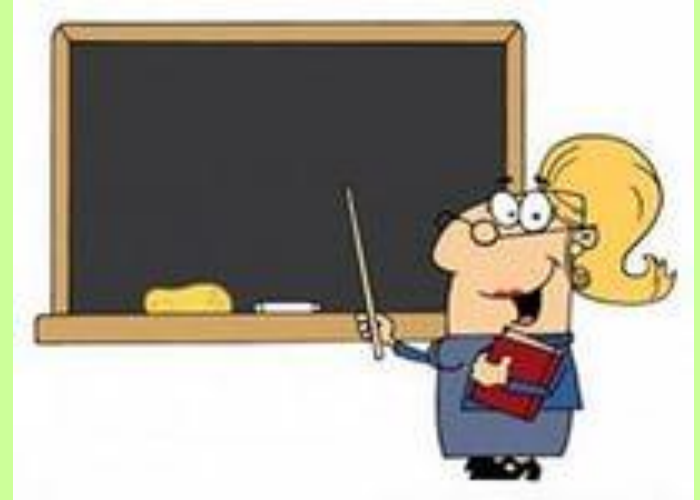


**How often do you eat fast food?  
Do you like it?**



# REMEMBER!

- Healthy – **un**healthy
- Useful – **un**useful
- Usual – **un**usual
- Countable - **un**countable



# What healthy food do you know?



**WHY IS HEALTHY FOOD USEFUL?**

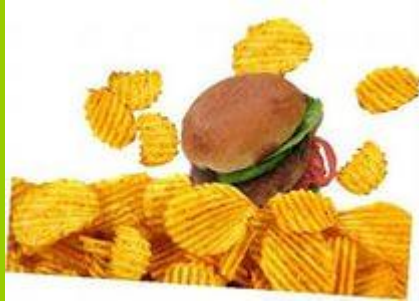
# HEALTHY FOOD is useful because

...

- It contains a lot of vitamins
- It does not call medical problems
- It makes people live longer and look better



# UNHEALTHY FOOD



WHY IS UNHEALTHY FOOD UNUSEFUL?



# UNHEALTHY FOOD is unuseful because...

- It contains a lot of fats, salt and sugar
- It contains few vitamins and minerals
- It is bad for health





# FOOD CAN BE:



**Fresh food** – свежая еда

**Frozen food** – замороженная еда

**Canned food / Tinned food** – консервированная еда

**Junk food** – вредная еда

**Fast food** – быстрая еда

**Snack food** – еда-перекус

**Fatty / spicy / salty food** – жирная/ острая/ солёная еда

**Pickled food** – маринованная еда



**Home food** – домашняя еда

**Seafood** - морепродукты

**Dried food** – сухая еда, сухофрукты

**Dog food** – корм для собак



- **Useful** – полезный
- **Unuseful / harmful** – вредный
- **Balanced** -сбалансированный



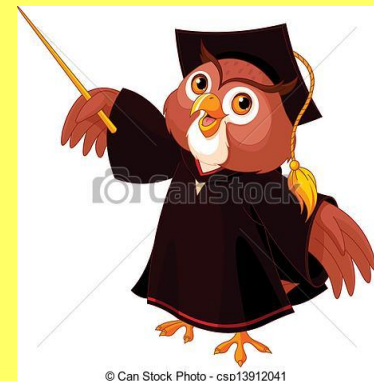
# Are you a healthy eater?

- What do you think about healthy food/unhealthy food?
- What do you choose – milk or cola? Why?
- Do you like fast food?



# Advice:

- Start your day with healthy breakfast.
- Drink plenty of water.
- Eat healthy food. Include fruit and vegetables in your diet.
- Drink milk, it is the source of calcium.
- Keep sugar to minimum.





## Finish the sentences:

People must eat ..., ..., ..., ..., ..., ..., ...,  
and drink ..., ..., ..., ..., to be healthy,  
strong, energetic and happy.

You should start your day with ...

You should include ... and ... in your  
diet.

# Vocabulary practice.

Divide into 2 categories:

Useful products are...

Unuseful products are...



***Chocolate, eggs, carrots, sweets, honey, bread, meat, cake, milk, hot dog, butter, fish, sweets, apple, chips, cheese, hamburger, orange, tomato, pizza.***



# Grammar practice


- Ann is a healthy eater, ... .. ?
- There is no cheese left in the fridge, ... ?
- Green vegetables are useful for health, ... ?
- We don't buy any junk food, ... ?
- I think he loves ice cream, ... ?
- Peter and Alex ate popcorn at the cinema, ... ?

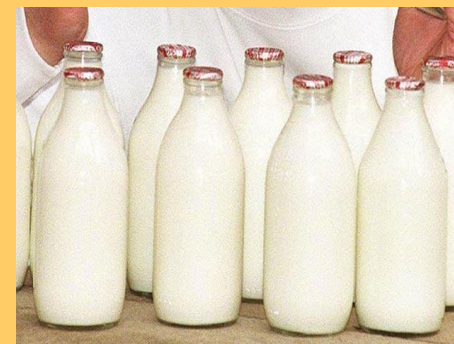


# Grammar Laboratory:

## Countable and Uncountable Nouns.

### The Quantitative Pronouns.

- Some eggs, a few eggs (+) – немного яиц
- Some milk, a little milk (+) – немного молока
- Some  (-) (?)
- A lot of eggs (+) – много яиц
- A lot of milk (+) – много молока
- Many eggs (-) (?) – много яиц
- Much milk (-) (?) – много молока
- How many eggs? – Сколько яиц?
- **Few** eggs. – Мало яиц.
- How much milk? – Сколько молока?
- **Little** milk. – Мало молока.



# REMEMBER:

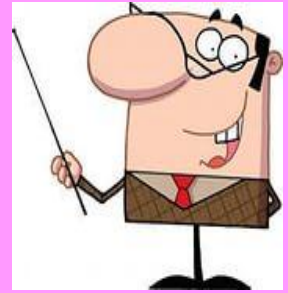
- A + few sweets
- A + little flour



- Few sweets
- Little flour



# Grammar practice



- Complete the sentences with **a lot of, much, many, little, a little**:
- There is ... salt in my soup.
- Is there ... sugar in the sugar bowl?
- I don't usually eat ... eggs.
- There is ... snow outdoors. We can't ski.
- Have we got ... food in the fridge?

# Now let's read the dialogue about good eating habits! (p.67, ex.2)

- **Learn new words:**

- **choice** – выбор
- **a bit** – немного
- **perhaps** – возможно
- **to order** – заказывать
- **I suppose** – я полагаю
- **to treat**– кормить, угощать
- **I mean** – я имею в виду
- **split** – разделять
- **as long as** - поскольку
- **as well** – также
- **delicious** - очень вкусно







- Did you like the lesson?
- Was it interesting?
- Did you learn anything new?

# Your **home task** is:

- p.67, ex. 2, 3, 4 (чит.перев., слова наиз.)